

DINNERLY



Reduced-Carb Indian Beef Lettuce Cups with Cucumber Raita



25 minutes



2 Servings

Lett-uce tempt you with this delicious cutlery-free dinner! Load up lettuce cups with stir-fried masala beef, a quick veggie pickle and a cucumber and yoghurt dressing, then fold them up and tuck in.

WHAT WE SEND

- 1 Lebanese cucumber
- 1 carrot
- beef stir-fry
- 1 little gem lettuce
- 10g masala seasoning ¹⁷
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs white vinegar
- 2 tsp soy sauce ⁶

TOOLS

- julienne peeler or box grater
- paper towel
- medium frypan

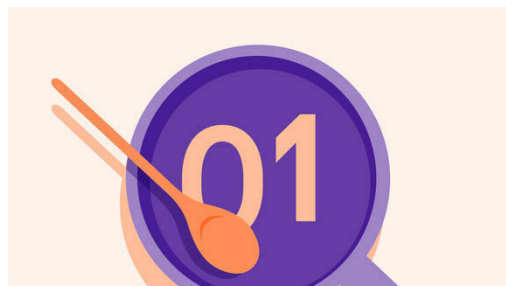
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

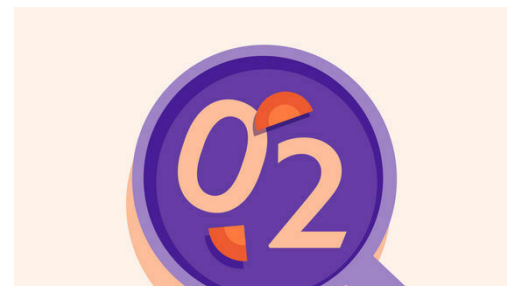
NUTRITION PER SERVING

Energy 395kcal, Fat 15.1g, Carbs 14.9g, Proteins 46.8g



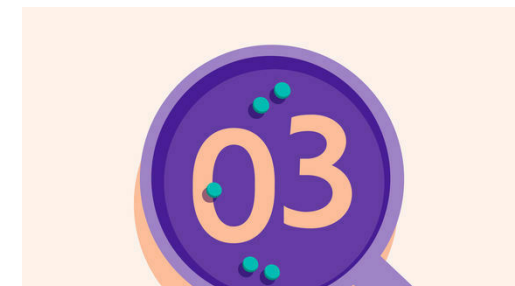
1. Prep ingredients

Finely chop **half the cucumber**, then thinly slice the **remaining cucumber**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Crush or finely chop **2 garlic cloves**. Separate the **beef stir-fry** into a bowl. Add the garlic and **1 tbs vegetable oil**, season with **salt and pepper** and stir to combine.



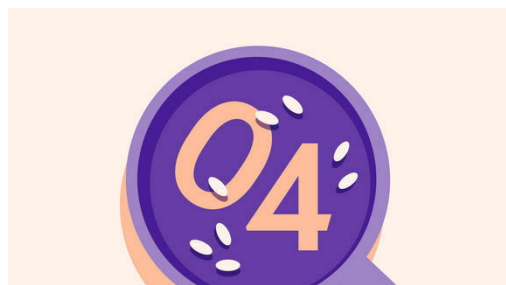
2. Pickle veggies

Put the **sliced cucumber, carrot** and **1 tbs white vinegar** in a bowl and toss to combine. Set aside to pickle, tossing occasionally, until needed.



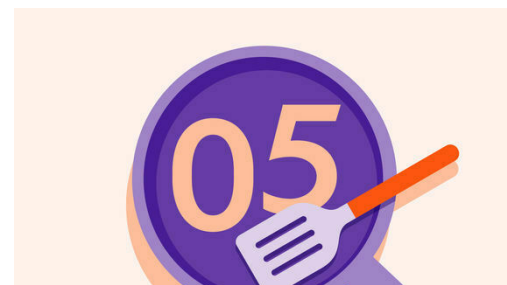
3. Prep lettuce

Meanwhile, trim the base of the **lettuce**, then separate the leaves and rinse under cold water. Pat dry with paper towel. Reserve two-thirds of the largest lettuce cups, then thinly slice the remaining lettuce (see Kitchen notes).



4. Stir-fry beef

Heat a medium frypan over high heat until very hot (see Kitchen notes). Stir-fry the **beef** for 1-2 mins until browned. Add the **masala seasoning** and cook, stirring, for 30 secs or until fragrant. Stir in **2 tsp soy sauce**. Remove the pan from the heat.



5. Serve up

Drain the **pickled veggies**, reserving the pickling liquid. Put the **chopped cucumber, yoghurt** and **reserved pickling liquid** in a bowl, season with **salt and pepper** and stir to combine. Divide the **reserved lettuce cups** among plates and top with the **shredded lettuce, pickled veggies** and **beef**. Spoon over the **cucumber raita** and enjoy!



6. Kitchen notes

We like the fun of eating with our hands, but if you don't feel like getting your hands dirty, just thinly slice all the lettuce, pile everything into a bowl and serve as a salad. ~ Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.